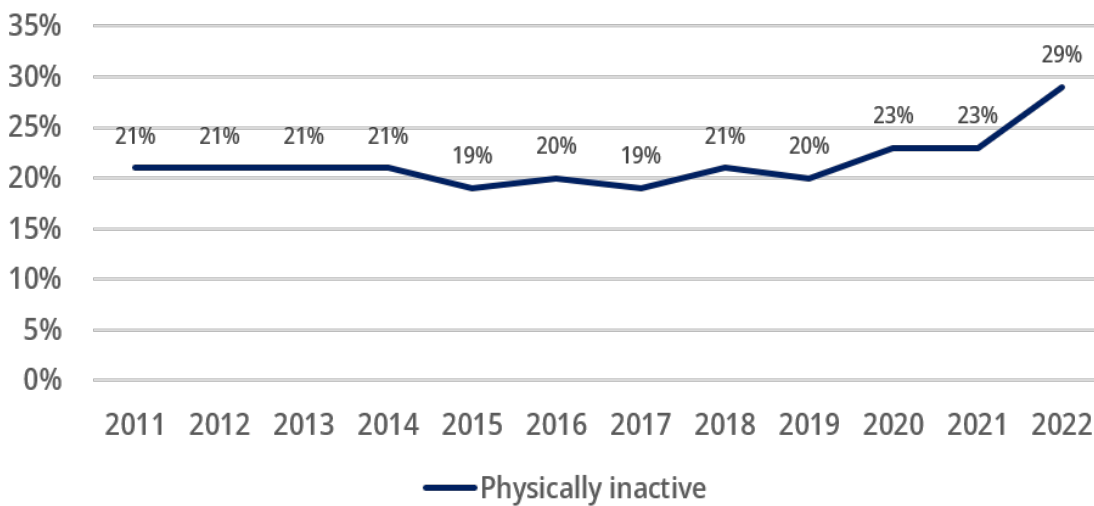# Physical activity

Overarching goal

Increase physical activity among all ages in all of Klamath County

County Health Rankings & Roadmaps: Klamath County

Objective 1

Increase awareness and access to physical activity opportunities in Klamath County

Strategy 1

Increase physical activity opportunities in parks, schools, and worksites

Tasks

- Continue fundraising for pump track (Process measure: Number of grants submitted and amount of money raised. Process target: Two grants submitted per year or fundraising efforts facilitated.)

- Build Moore Park playground (Process measure: Ground breaking. Process target: playground installed and open for public use.)

- Implement Safe Routes to Schools programming (Process measure: Number of events hosted. Process target: Four events per year.)

- Host physical activity competitions and challenges (Process measure:

Number of competitions/challenges hosted. Process target: Two competitions/challenges per year.)

- Partner with government and community organizations, such as BTS and Quail Trail, to increase accessibility to parks and trails (Process measure: Number of transportation opportunities created. Process target: One transportation route.)

Strategy 2

Increase physical activity with built environment prompts

Tasks

- Transform sidewalks/asphalt trails with opportunities to increase movement (Process measure: Number of prompts installed, including painting and etching of concrete and the like. Process target: Three prompts installed..)
- Determine feasibility of creating a downtown walking loop complete with signage (Process measure: Number of meetings facilitated gauging support. Process target: Four facilitated meetings to gauge interest and feasibility.)
- Increase way finding, interpretive and educational signage in community (Process measure: Number of signs installed on trails. Process target: Two new signs installed.)

Strategy 3

Increase community awareness and education around physical activity

Tasks

- Partner with engagement committee to create awareness about physical activity and promote existing opportunities in the community. (Process measure: Number of marketing materials created for physical activity opportunities. Process target: Five materials created a year.)
- Develop and implement a natural movement campaign (Process measure: Number of people engaged. Process target: 35 people participating.)
- Collaborate with community partners to increase awareness about winter activity opportunities (Process measure: Number of winter activity opportunities marketed. Process target: Three winter activities marketed.)
- Increase resources for rural communities on physical activity (Process measure: Number of resources created. Process target: Two resources created.)
- Expand community calendar to communicate events and opportunities for activity (Process measure: Number of events added to calendar. Process target: Twelve events per year.)

Strategy 4

Increase physical activity programming and events

Tasks

- Host get outdoors events that encourage children and parents to get outside and play (Process measure: Number of events hosted. Process target: Three events hosted.)
- Host community fitness classes weekly (Process measure: Number of classes hosted. Process target: One class per week.)
- Host community give back and clean-up events (Process measure: Number of events hosted. Process target: Four events per year.)
- Seek funding to expand programs and projects (Process measure: Number of grants submitted. Process target: Two grants submitted per year.)